

SPICEROADS

CYCLING



KYUSHU ONSEN TO ONSEN

Tour Code
JPN-JKP

6 DAYS
5 NIGHTS

	Destinations	Japan
	Tour Meets Tour Ends	Fukuoka Beppu
	Fly in to Fly out of	Fukuoka Airport (FUK) Oita Airport (OIT)
	Group Size Minimum Age	2-15 riders 18 (on scheduled departures)

ACTIVITY PROFILE



4 Cycling days	221 km Total cycling distance
55 km Avg distance / day	727 m Avg climbing / day

PRICING



Price	US\$ 2,220
Bike Hire	Included
Single Supplement	US\$ 350

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport drop off
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



18 March - 23 March 2019
25 March - 30 March 2019
01 April - 06 April 2019
08 April - 13 April 2019
13 May - 18 May 2019
01 July - 06 July 2019
05 August - 10 August 2019
02 September - 07 September 2019
07 October - 12 October 2019
11 November - 16 November 2019

TRIP PROFILE

The cycling around Kunisaki is moderately challenging with a few climbs. We ride 221 km on quiet roads with amazing views. The first day is flat, the second day has one climb, and the last two days are mildly undulating, meaning they are primary flat, but there may be some rises. Averagely fit cyclists will have no problems.

Suitability: This trip is suitable for anyone with a reasonable level of fitness. This trip is not too arduous, and so riders with less experience are more than welcome, although the fitter you are, the more you will enjoy it.

Biking Conditions: This trip is along tarmac roads in good condition, and there is no technical riding. The trip is fully supported; an air-conditioned vehicle follows us for the entire journey. However, it is a point-to-point ride, and cyclists will be encouraged to complete the riding distances.



Day 1 Arrive in Fukuoka

We meet in Fukuoka, the most populous city in Kyushu island and Japan's sixth largest city. Our hotel is very easy to find as it is near the Hakata train station, which is a 6-minute train ride from the airport. We meet you at the hotel for a welcome dinner of traditional food and trip briefing in the evening.

 Hakata Green Hotel  Dinner

Day 2 Fukuoka - Dazaifu - Hita

After breakfast, we transfer out of buzzing Fukuoka and to Dazaifu where you can visit the Kyushu National Museum and learn about the history of where you'll be cycling. It's then time to get on the bikes and ride by the Tenmangu Shrine and Komyozen-ji, a Zen temple built during the Kamakura period and famous for its stone garden. Then our leisurely riding is along the Chikugo River, our companion today as we cross over it numerous times. A flat and smooth ride will take us to the hot spring resort and Edo-era

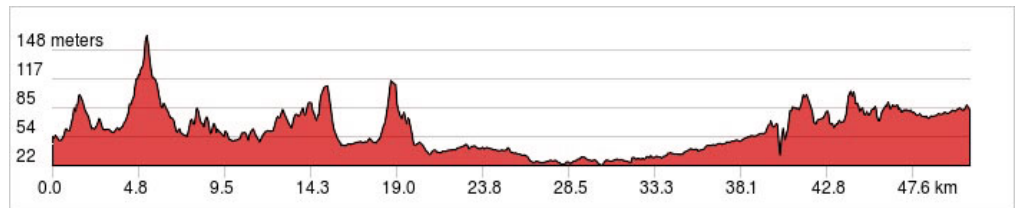
merchant town of Hita. We explore the merchant pavilions of Mameda Town, once the Crown of the Edo Shogunate before we gather for dinner.



Sanyoukan Ryokan



Breakfast, Lunch, Dinner



Ride 51 km



+547m



-516m

Day 3 Hita - Usa

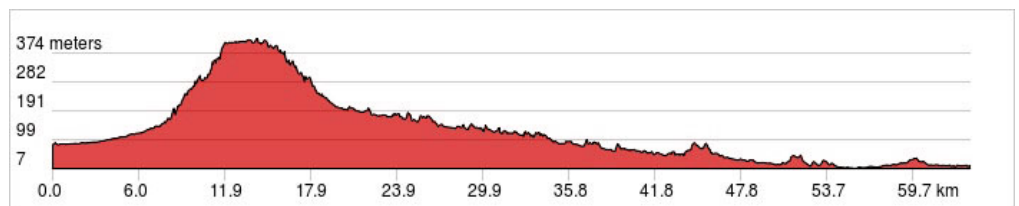
Today, we change terrain and have a bit of a climb, a 390-m ascent over 10 km, a nice gradual grade to the top of Oishitoge Pass (475 m). But what goes up, must come down, and we enjoy a terrific downhill to the town of Usa, home to a famous Shinto shrine. The sprawling, wooded, and water-crossed Usa-jingū dates back some 1,200 years and is the chief shrine among some 40,000 in Japan dedicated to the warrior-god Hachiman. The unique Kurehashi Bridge with a thatched roof is particularly picturesque, so be sure to have your camera handy.



Kanponosato Usa



Breakfast, Lunch, Dinner



Ride 64km



+660m



-730m

Day 4 Usa - Kunisaki

We begin our circumnavigation of 720-m tall Mount Futago on the Kunisaki Peninsula, which juts out into the Seto Inland Sea. The peninsula is dotted with temples, including many small and rustic ones. Our first stop will be the revered 11th-century Tendai Temple of Fuki-ji in Bungo-takada, the oldest wooden structure in Kyūshū and one of the oldest wooden temples in Japan. Inside the main hall are colourful pictures portraying various themes of the Buddha, indicating the fervent Buddhist worship among the believers at this temple. We then back track for a few kilometres and soon find ourselves near the sea, passing beaches, ports, and numerous other shrines on our way to the town of Kunisaki. Enjoy the sea views from the onsen at our hotel tonight.



Kaikisou Ryokan



Breakfast, Lunch, Dinner





Ride 57km



+1174m



-1179m

Day 5 Kunisaki - Beppu

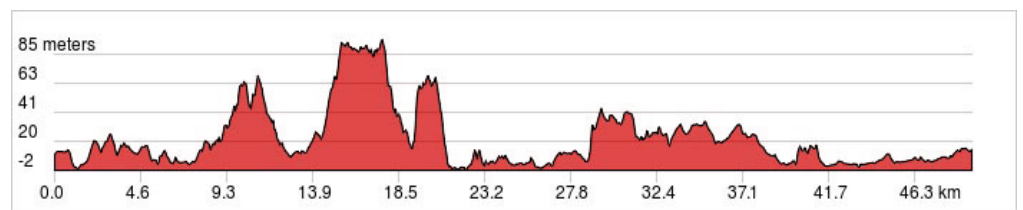
On our way to Beppu, we'll ride inland to avoid the highway, crossing the many streams coming down from Mt. Futago. As we cycle through the town of Kitsuki, we'll see the well-preserved samurai districts and also visit Kitsuki Castle, said to be the smallest castle in Japan. Originally built in 1394, Kitsuki Castle was lost during the Meiji Period but was reconstructed in 1970 and now houses a museum. We end our riding in Beppu, one of Japan's most famous hot spring resorts, producing more hot spring water than any other resorts in the country. It also has a range of baths to enjoy -- ordinary hot water baths, mud baths, sand baths, and steam baths. In addition, the Hells of Beppu are several spectacular hot springs to view, but not to bathe in. Have a hot soak before we have our last dinner together.



Kamenoi Hotel



Breakfast, Lunch, Dinner



Ride 49km



+528m



-524m

Day 6 Departure

Our tour ends after breakfast. The closest airport is Oita Airport if you are departing, return by train to Fukuoka. or you can choose to extend your trip in Beppu.



Breakfast

NUTS & BOLTS

Bikes

The bikes are well-known hybrid bikes with lightweight alloy frames, light gears, v-brakes and Shimano components. You're free to bring own pedals, (rail type) seat, and handlebar extensions. If you bring your own bike, please make sure it is in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

All nationalities require a valid passport and up to 62 countries have reciprocal visa exemption arrangements allowing nationals from those countries to enter Japan without a visa. Depending on the country, you are allowed to stay in Japan for a certain period of time, which can range from 90 days to six months.

Health

No vaccinations are needed.

Weather

Japan has a diverse climate. There are four seasons: from April to June is spring. The rainy season is from middle of June to the middle of July. July through end of September can be hot and humid temperatures in the big cities can go as high as 35 degrees Celsius.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, Most meals will be Japanese seafood; a typical breakfast would include rice, a piece of grilled fish, miso soup. We always carry some granola and Muesli with us for those in need. Dinners will include lots of different seafood - some cooked, some raw. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere in Japan, but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$30 a day for incidentals. Tipping is not customary in Japan, although our guides have received and accepted tips on a voluntary basis.

Money

The currency in Japan is the yen (¥) and is pronounced as 'en', with no 'y' sound. Though ATMs are everywhere in Japan, it is not always easy to use them as most only work with Japan-issued bank cards and credit cards. The exception is Japan's post office ATMs which accept cards that belong to the following international networks: Visa, Plus, MasterCard, Maestro, Cirrus American Express and Diners Club cards. In addition to postal ATMs, you will find a few international ATMs in big cities and at the major airports. International cards also work in Citibank Japan ATMs.

GENERAL BOOKING INFO

Booking

If this is the tour for you here's what you need to do to confirm your place: Read our [Booking Conditions](#)

From the tour page click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If you are unsure about the trip status, please [email us](#) or call our office. For the next steps you'll need to know the names of the people traveling and have either a Visa or a MasterCard. If you wish you can also provide extra details such as passport numbers, height, or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). However, if you wish to get a children's discount, please do fill out the date of birth of the riders. If you are having any problems, [please send us an email](#), or give us a call (+66 2 381 7490) and one of our travel specialists will assist you with your booking.

Deposit

For Long Tours (7 days or more) to guarantee your place we require a 30% or 500 USD deposit, whichever is the greater. For Short Tours (6 days or less) we require full payment to guarantee your place. We also require that you take out [travel insurance](#) when you book your holiday. Besides covering you during your holiday it will also enable you to claim for any money that you have paid to us, including your deposit, should you have to cancel your trip.

Balance

Full payment must be paid 45 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights. Our confirmation will include personal details you provided us (including your flight information), visa application advice, a packing suggestion list and a detailed tour itinerary. It will also include a checklist to ensure you get everything ready for your holiday.

Cancellation Policy

On the rare occasions when we, SpiceRoads, must cancel a trip, all payments received to date will be 100% refunded, which constitutes full settlement. There will be absolutely no deductions. If you, the client, must cancel your reservation, your cancellation fee will be determined according to when you cancel. For full details, please read our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts can not be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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